

**Concussion** is a common injury, but is often difficult to diagnose and treat. **ImPACT**<sup>®</sup> (Immediate Post-Concussion Assessment and Cognitive Testing) provides clinicians with invaluable information that can help take the guesswork out of concussion management and promote safe **return-to-play** decisions for athletes and **return-to-school** decisions for students.

## Facts:

- Concussions can occur in any sport or physical activity.
- About 10% of all student athletes in contact sports suffer a concussion during their season.
- Recovery may take days or weeks, with individuals often experiencing dizziness, headaches, double vision, memory problems, irritability and depression.
- Premature return to play following a concussion can lead to potentially serious consequences.

## Who uses ImPACT?

ImPACT currently is in use by many teams, leagues and organizations around the globe such as:

National Football League (NFL)	New Zealand Rugby
Major League Baseball (MLB)	Irish Rugby
Major/Minor League Baseball Umpires	US Lacrosse
National Hockey League (NHL)	USA Ski Team
Major League Soccer (MLS)	US Military Academy
World Wrestling Entertainment (WWE)	US Air Force Academy
Team USA (Winter Olympics)	Army
USA Hockey	Navy
Ontario/Western Hockey Leagues	Cirque du Soleil
USA Olympic Hockey	200+ Professional Sports Teams
Swedish Soccer	7,400+ High Schools
US Soccer Federation	1,000+ Colleges and Universities
USA Rugby	900+ Clinical Centers
South African Rugby	430+ Credentialed ImPACT Consultants

## Find an ImPACT Clinician in Your Area



the most-widely used and most scientifically validated computerized **concussion evaluation system**





# Neurocognitive Baseline and Post-Injury Testing and Concussion Management Model



## What is ImPACT?

ImPACT is a 20-minute computerized neurocognitive test battery that has been scientifically validated to measure the effects of concussion. After a child or athlete receives a baseline test, his or her data is stored on a secure, HIPAA compliant server. If a concussion is suspected, a follow-up test is administered to see if the results have changed from the baseline. This comparison helps to identify and manage the concussion.

## Why use ImPACT?

ImPACT can help answer difficult questions about a child's readiness to return to school or an athlete's readiness to return to play, protecting them from the potentially serious consequences of returning too soon. While traditional neurological and radiological procedures such as CT and MRI are helpful in identifying serious brain injuries (like skull fractures and hematomas), they are ineffective at identifying the functional effects of concussion. Consequently, clinicians often must rely on subjective observations or patient self-reports to diagnose and track a concussion. This is where ImPACT can help.

ImPACT measures subtle changes in cognitive functioning that cannot be accurately measured by relying on a child or athlete to report symptoms. Children may have difficulty communicating symptoms and athletes are notorious for hiding concussive symptoms such as headache, dizziness and difficulties in thinking. Recent research has suggested that athletes at all levels of sport routinely hide their symptoms so they can continue to play. Most experts agree that relying on athletes to report their own symptoms is a dangerous practice.

## What makes ImPACT different?

ImPACT is not just a software program. It provides a comprehensive and medically validated model for concussion management based on currently accepted international guidelines and practices. ImPACT's Concussion Management Model provides a complete framework for the overall management of concussion.

ImPACT has undergone rigorous independent scientific validation over a 15 year period. No other neurocognitive

test has undergone this process. ImPACT has trained thousands of health care professionals over the last 15 years. Proof of ImPACT's clinical value can be found in more than a thousand clinics and hospitals throughout the United States and elsewhere.

## Who developed ImPACT?

The ImPACT program was developed by a team of doctors who are world leaders in the field of concussion management. ImPACT team members have dedicated more than two decades to the scientific study of concussion and return to play protocol.

*"ImPACT has proven to be an absolutely indispensable tool at our school. The more complete information obtained through ImPACT means I never have to second guess if I'm being too aggressive or conservative in returning athletes to play."*

Cliff Ashley, LATC, Former Head Athletic Trainer, Berkshire School, Sheffield, MA

